

Chicken Enchilada Soup

Makes 6-8 servings

Ingredients:

1 yellow onion – diced
2 clove garlic – minced
1 TBS chili powder
1 TBS cumin
¼ tsp smoked paprika
Salt/Pepper
1 19-oz can red enchilada sauce
6 cups chicken stock
1 4-oz can diced green chiles with liquid
1 TBS Better Than Bouillon – chicken flavor
2 cups shredded chicken breast
1 cup cheddar cheese
1 10-oz bag frozen corn

Preparation:

Heat 3TBS olive oil in a large heavy pot and add onion. Sauté until translucent – about 3-5 minutes. Add garlic and sauté for 1 minute. Add chili powder, cumin, smoked paprika and salt/pepper. Stir 1 minute to bloom spices. Add enchilada sauce, chicken stock, peppers, and bouillon – stir to combine. Add chicken and bring to a boil. Reduce to simmer and cook 30-40 minutes. During the last 10 minutes of simmering add corn. Garnish with chopped avocado, cheese, cilantro, lime, tortilla strips.

NOTES:

- Can use store bought rotisserie chicken or shredded chicken thighs if desired.
 - Be sure to taste the enchilada sauce prior to adding to determine spice level – different brands have different levels of heat.
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Egg Roll Ramen Skillet

Makes 4-6 servings

Ingredients:

¼ cup low-sodium soy sauce + 1 TBS
½ TBS cornstarch
1 tsp fresh ginger paste
2 TBS hoisin sauce
1 TBS rice vinegar
¼ tsp red pepper flakes – to taste
2 packages ramen noodles – discard seasoning packet
2 TBS sesame oil
1 small yellow onion – diced
4 clove garlic
1# ground pork
1 red bell pepper – diced
1 bag coleslaw or broccoli slaw
2 green onion - chopped

Preparation:

In a small bowl, whisk the cornstarch into one TBS soy sauce until dissolved. Whisk remaining soy sauce, ginger, hoisin, vinegar and red pepper flakes – set aside. Discard ramen seasoning packet and cook per package directions. Drain and toss with 1 TBS sesame oil.

In a large skillet or wok, heat remaining sesame oil and cook onion for about 3 minutes. Reduce heat to medium, add garlic and cook 30 seconds. Add pork, red pepper and slaw. Cook until pork is no longer pink and veggies have slightly softened. Add noodles and sauce. Cook 2-4 minutes until everything is warmed and combined. Remove from heat and garnish with green onion.

NOTES:

- Can use ground chicken or turkey.
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Asparagus and Bacon Gnocchi

Makes 4-6 servings

Ingredients:

2 packages frozen or shelf stable gnocchi
1 yellow onion – diced
1 bunch asparagus – cut into 1” on the bias
Red pepper flakes – to taste
4 TBS heavy cream
1 cup reserved gnocchi cooking water
1 package bacon crumbles OR 4 slices bacon cooked and chopped
Basil/Parmesan cheese to garnish

Preparation:

Cook gnocchi in LIGHTLY SALTED water – drain and reserve 1 cup pasta water. Set aside.

In a skillet, add a touch of oil and cook onion until translucent. Add asparagus and if using add red pepper flakes – cook 3 minutes until asparagus is tender (do not salt). Add gnocchi, pasta water and heavy cream – stir to coat. Add bacon and stir to combine. Taste to adjust seasoning and garnish with basil/parmesan.

NOTES:

- *I prefer frozen to shelf stable gnocchi – specifically Perfect Pasta Special Potato Gnocchi.*
- *Instead of bacon can use prosciutto lardons or guanciale – be sure to cook guanciale as it is cured but not cooked.*
- *Can substitute broccoli, peas or green beans for asparagus.*